
“Festive Family Thanksgiving Cookbook”

Green Bean Casserole

Serves 10, Preparation time 10 minutes, Baking time 50 minutes

30 oz. package of frozen,
French-cut green beans

1-10 $\frac{3}{4}$ oz. can cream of
mushroom soup, low sodium

$\frac{1}{2}$ cup fat free sour cream

nonstick cooking spray

$\frac{1}{4}$ tsp. black pepper

2 Tbs. Italian bread crumbs

2 Tbs. grated Parmesan cheese

Preheat oven to 350° F. Prepare a 2-quart casserole dish with cooking spray; set aside.

In a mixing bowl, combine green beans, mushroom soup, sour cream, and pepper. Place green bean mixture into prepared 2-quart casserole dish.

Combine cheese and bread crumbs in a small bowl. Sprinkle over the green beans.

Bake for 50 minutes or until top is lightly browned.

Nutrition Facts Per Serving: 61 Calories, 2 g Total Fat, 18 Calories from Fat, 1 g Saturated Fat, 70 mg Sodium , not a significant source of Cholesterol.

